



Little River Currents

MEGWAA EZHIWEBAAK

Connecting with kids to protect the environment

Over the last few weeks Ogema Lee Sprague and LRBOI Conservation Department staff have been meeting with various individuals and groups to discuss the environmental issues impacting the 1836 Reservation territory. They have been speaking at different schools to children and teachers and also talking with citizens groups who are concerned about the environment and future development in the Manistee area.

On a recent visit to the Casman Academy the Ogema engaged the teen science class in a conversation about the proposed Tondou, Northern Lights coal-powered, electrical generation plant. They discussed the effects this project would have on the community and the Ogema shared the Tribe's view on alternate solutions for energy production and employment opportunities.



Ogema Lee Sprague talks with teacher, Kevin Brennan and a student at the Casman Academy.

Greeting the class, "Boozhoo", the Ogema welcomed the group of teachers and students to the 1836 Reservation. Seeing some signs of wonder, the Ogema then shared a brief history of the Little River Band of Ottawa Indians and explained the Reservation boundaries. He expressed the strong desires of the Tribe to protect Reservation lands and all the plants, animals and people living on them. In addition Ogema Sprague taught the kids that Indian culture considers animals and plants as people too. He said that all people need clean air and water to live and industrial corporations don't. He also said, "This coal plant is an absolute danger to life and those people (the animals and plants) don't get to speak their minds at City Planning Commission meetings".

As the lecture continued the Ogema and school science teacher, Mr. Kevin Brennan, talked about the pollution and dangers everyone will face if the proposed coal plant became a reality. They explained that even the slightest amount of mercury exposed to the skin could cause brain damage. Ogema Sprague then took a satirical position and commented that the only equal chance to get mercury poisoning for all is to build the coal plant. He quoted Mr. Joe Tondou, the man seeking to build the plant, as saying "The solution to pollution is dilution" and pointed out that mercury smoke from the proposed 400 foot coal stack will spread far into Canada. The Ogema informed the class that zero percent of the energy produced by the proposed Tondou

plant would benefit anyone that lives in the Manistee area. Although a small number of jobs would be created, some in Manistee, some down state, the energy that's produced will be sold to a group of other cities in Michigan and Ohio who won't have to suffer the problems that a coal plant would bring to their own communities.

Having toured other coal plants to get an all around perspective on this issue, the Ogema told the kids that coal plants aren't gleaming and they aren't white like the pictures Mr. Tondou presents. They are dirty and toxic and create multiple problems like thermal pollution. Warm, polluted water dumped back into Manistee Lake can harm and upset the whole ecosystem,

from the smallest snail to the largest sturgeon in Lake Michigan. The Ogema told the class that Manistee Lake is the only lake that has bluegill fish listed on the State of Michigan's "don't eat" list because of mercury. One concerned girl in the class asked if the coal plant would harm the flowers. The Ogema said that just because something is pretty doesn't make it good and he probably wouldn't let anybody eat the flowers. He explained that the entire food chain would be jeopardized but on a lighter note he and the class joked that they could use magnets instead of hooks to catch fish in Manistee Lake if the coal plant is built.

Connecting with Kids
Continued on page 5



Yvonne Theodore and Navajo Code Talkers at the 16th Annual N.A.F.D.P.I.R (Native American Food Distribution Program on Indian Reservations). April 2003, Albuquerque, New Mexico.

Native American Warriors: A Long Tradition Of Participation

American Indians have participated with distinction in United States military actions for more than 200 years. Their courage, determination, and fighting spirit were recognized by American military leaders as early as the 18th century.

Many tribes were involved in the War of 1812, and Indians fought for both sides as auxiliary troops in the Civil War. Scouting the enemy was recognized as a particular skill of the Native American soldier. In 1866, the U.S. Army established its Indian Scouts to exploit this aptitude. The Scouts were active in the American West in the late 1800s and early 1900s, accompanying Gen. John J. Pershing's expedition to Mexico in pursuit of Pancho Villa in 1916. They were deactivated in 1947 when their last member retired from the Army in ceremonies at Ft. Huachuca, Arizona. Native Americans from Indian Territory were also recruited by Teddy Roosevelt's Rough Riders and saw action in Cuba in the Spanish-American War in 1898. As the military entered the 20th century, American Indians had already made a substantial contribution through military service and were on the brink of playing an even larger role.

Native American Warriors Continued on page 6



Ogema Lee
Sprague

Outlook from the Ogema

Boozhoo,

I hope that you enjoyed the last edition of Little River Currents. We have heard good feedback to date along with some good suggestions for improvements. We look forward to continuing to provide you with new and improved issues each month. The paper is now available on-line at www.lrboi.com.

Soon you will be receiving a survey in the mail on the land use plan. I believe that it is necessary to reach out to the membership to determine our future as a nation and a people as we begin to realize the dreams of our ancestors. We will share the results of the survey and the Land Use Plan meetings at the April 17 Spring Membership meeting at the Little River Casino Resort. We will begin the presentation at 10:00 AM. Some of the results should be on-line by then.

This year, working together with Tribal Council, the Accounting Department and Little River government staff, we passed the Tribal Government FY 2004 budget before January 1st for the first time in recent history. We will have copies of the budget available for review at the Spring Membership meeting. Last year, we determined that the fiscal audits for previous years were inaccurate and did not represent actual expenditures. To date, fiscal years of 1997, 1998 and 1999 have been completed. Please call 231-723-8288 (Mary Thomas of the Ogema's office) for more information.

For the first time in the Tribes history, Tribal Council approved my request to place 4.5 million dollars into a per capita reserve fund. This money will be earning interest while the per capita distribution plan is finalized and forwarded to the Department of Interior for approval. Other Tribes, which have properly planned for their future, have set up accounts similar to this to provide for the welfare of their people. Additionally, they have invested the profits of their gaming revenues in businesses to diversify their income. Tribal Council approved my request to budget 3 million dollars for business investment in FY 2004.

The Tribe is currently addressing the US v. MI litigation. Last year the State of Michigan filed a counter claim in federal court that the Ottawa in Michigan has lost their treaty rights in much of the 1836 Ceded territories. The Tribal Council, the Legal Department and my office are vigorously defending our rights to "...to hunt and fish along with all the usual privileges of occupancy." These are basic human rights that our ancestors retained in the 1836 Treaty. We are working together with the other Ottawa Tribes to ensure that future generations of Anishinaabek will continue to enjoy these rights.

Little River Currents is published monthly by the Little River Band of Ottawa Indians. Currents welcomes all submissions but does not guarantee placement nor do published submissions necessarily reflect the views of the Little River Band of Ottawa Indians.

Artwork, photos, and poetry will be sent back to you if you send it with a self-addressed, stamped envelope to return it in. Please include your full name, Tribal identification number and current mailing address with all submissions. If sending photos or artwork please include a description of the subject as well. Dedications must be received 30 days in advance.

Currents is distributed free to all LRBOI Tribal citizens by mail and to Tribal employees at select locations. Subscriptions are available at a yearly rate of \$17.00. For Elders over the age of 55 subscription rates are \$15.00 in the United States. Foreign rates are based on shipping and handling expenses.

Little River Currents is located at 375 River Street, Manistee, MI 49660. For assistance in any way please contact the Currents office at currents@lrboi.com or call Melissa Zelenak at 1-231-723-8288.



The Great Seal of the Little River Band of Ottawa Indians was designed by Jay Sam of Manistee, Michigan and adopted for use by the LRBOI Tribal Council.

There is great meaning in the seal for the Little River Band of Ottawa Indians. The central feature is a river, not any one in particular. The bands of people that are now known as the Little River Band of Ottawa Indians used all of the rivers in western Lower Michigan. Our people were riverine in nature and the valleys and land surrounding the river symbolize the fertility and wealth of resources found along the rivers. Where the sky meets the water the lands close a little to indicate the Great Lakes that were important to our people too. The pine tree on the side of the design represents peace and prosperity. Two eagles fly near the tree, a pair to represent balance and eagles because they carry prayer to the Creator. A medicine wheel, or sacred circle, surrounds the logo with the four directions and colors used by the Anishinaabek. The earth enters the east to show we will always seek and be ready to begin anew as the day does. And finally, nine feathers hang from the circle to represent the nine Ogemuk, or chiefs, that today's members of the Little River Band of Ottawa Indians trace their heritage to.

We reserved a 70,000 acre reservation in what is now called Manistee County. In the 1855 Treaty we reserved 70,000 acres of land in what is now called Mason and Oceana County and approximately 40,000 acres in Muskegon County. With your support, we will begin the process to restore the reservation for our future.

We are also continuing to work together with our friends and neighbors in northwest Michigan to prevent the Tondue Corporation from constructing a 425 megawatt coal powered electrical generation station on the 1836 reservation on Manistee Lake. The potential impact of the plant is the continued pollution of the entire 1836 reservation and surrounding lands and water. The impact to human health and fish and wildlife are devastating.

We are also restructuring the Tribe's fisheries program. Tribal Council and my office have determined that we need to change some of the things that we have been doing in the past. The goal, and success, of our changes should be measured by increased harvest in pounds of whitefish and chubs. The amount of fish that we harvest this year will help set the standards for future harvest limits.

I am also chairing the Transition Oversight Committee (TOC) that is planning for the eventual 100% management of the Little River Casino and Resort. This will take place on September 12, 2004. We are planning a celebration with the membership at this time and will have more information for you in the near future.

In addition, the Tribe is planning on expanding the Little River Casino and Resort. Last year we turned away over 12,000 requests for rooms from our guests at the Resort. Not only does this represent a loss of revenue to the Tribe, it points out the demand for the high quality entertainment experience that we offer our valued customers. In addressing our customer's needs, and to increase the revenues for the Tribe, we have retained professional services to help us determine the nature and scope of the expansion. In the next issue of Little River Currents I will have more information for you on the resort expansion and a schedule of dates, locations and time when I and members of Tribal Council will be visiting with Tribal Members around the Lake to talk about the expansion.

Miigwetch,
Lee

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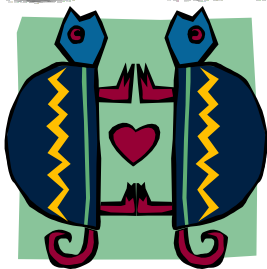
Deadline for submissions is the 1st of the month for publication in following month's issue.

Send your \$25 check or money order made payable to the Little River Band of Ottawa Indians.

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CHS and EHAP NEWS

Aanii to all! Hope your holidays were special and that you got to spend time with all your loved ones. Enjoy the lovely winter weather and don't forget to bundle up. Strept throat seems to be running everywhere, so be careful.

I have the usual reminders for you all. First, remember to call for pre-approval **at least** 48 hours in advance. You can call sooner, but at least 48 hours advance notice is needed (except for emergencies).

Second, remember to fill out your reassessments and send them in, if you have them. They are sent out during the month of your birthday every year unless you changed pertinent information (ex., marriage, moved, added or deleted an insurance, etc.).

Third, I need to remind the EHAP members about the 90-minute rule. In the last few newsletters, there were notices in there letting you know that if you live 90 minutes one way surface travel from the clinic, you would need to begin seeing the Tribal Clinic Physician. There were a couple of exceptions listed. You will need to call your worker to find out your status.

I have two new requests from the girls (Juanita, Cindy,

Nita, Kathy, and Sandy), first, they (and I), would like it if you could bring or mail in any bills you receive from Quest Diagnostics as soon as you receive them. This company likes to bill people 2 or 3 times a month. Also, if you get any other bills in the mail, please let us know so that we find out why as soon as possible. That will help with the collection notices (nasty letters) from the vendors to you.

Second, could the EHAP members please remember to give your providers (doctors, dentists, etc.), your confirmation numbers for them to put on the bills? Tell them this will help to expedite payment from Little River faster. Thank you!

In closing, Juanita Antoine (A-E), Cindy Drake (F-J), Nita Guenthardt (K-O), Kathy Berentsen (P-T), and Sandy Stevenson (U-Z) would like to say that they are very proud that you are calling in and using the 48 hour prior authorization and using your confirmation numbers. It makes their job to service you, the membership, much easier. Chi-Miigwetch!!

Take care, and please remember to call with any questions or concerns regarding CHS or EHAP. Toll free is 1.888.382.8299 or 231.723.8299.

Respectfully,
Gina Wright

SPECIAL BULLETIN January 16, 2004

Dear Little River Participants in Contract Health Services (CHS) and the Extend Health Assistance Program (EHAP),

An unfortunate misstatement occurred in the Currents previous edition, January 2004 issue.

We will be utilizing K-Mart Pharmacy as a prescription resource, but please be advised, changes in service delivery do occur as costs are analyzed, and resources are examined.

We may need to make changes in our service delivery providers, such as the pharmacies we use, in an effort to save Tribal Resource dollars, as health care costs continue to escalate.

For example, we must now require EHAP participants within 90-minutes of the clinic site, to access physician services at the clinic in Manistee, in an effort to reduce direct costs to the limited program dollars allocated to the program. We sent notification of this change in the October 2003 newsletter, with a January 2004 implementation deadline.

The Health Board and Tribal Council are currently looking at pharmacy utilization, and possible cost savings advantages through contracting with providers for reduced pharmacy rates. This may be only one of many changes that occur in the future, and we will make every effort to keep you informed in a timely manner.

We tried to extract the K-Mart pharmacy notice from being printed, but were too late to do so; it had already gone to print. Our sincere apologies for the confusion this created, and we will make every effort to prohibit this from happening in the future.

Miigwech for your continued support and utilization of the program benefits we are able to offer!

Jessica L. Burger, RN
Director of Health Services

What Can Men Do to STOP Men's Violence against Women?

(Recognize that Domestic Violence is every man's responsibility)

- **Speak up.** Don't be a silent bystander. Men are more likely to listen to other men. Reach out to men who are violent at home, to let them know, "You need help, and I want to help you. Your behavior is not acceptable."
- **Challenge men who** use sexist language and make degrading jokes about women.
- **Ask a woman** how the threat of violence impacts her life. Listen to and learn from women.
- **Think about** how our own attitudes and language contribute to the problem of men's abuse of women.
- **Call 911.** Domestic Violence is not a private matter – **it is a crime.**
- **Recognize** that degrading images of women in the media are linked to violence against women.
- **Boycott** magazines, videos or music that promotes violence against women.
- **Talk to and teach boys** and young men about healthy relationships. (Especially those who do not have a positive male figure in his life.) Walk the talk by being a good role model.
- **Seek help** if you have a problem with being emotionally or physically abused.
- **Speak out** about domestic violence at civic or Tribal Functions, churches, or other groups.

It is important that men accept the responsibility to not harm another person

Rape Is a Crime

It is motivated primarily by desire to control and dominate, rather than by sex.

It is NEVER OK to force yourself on a woman, even if:

- You think she was teasing you or leading you on.
- She says "no" and you think she means "yes".
- You have had sex with her before.
- You think women enjoy being forced to have sex or want to be persuaded.
- The woman is under the influence of alcohol or drugs.
- If you are getting double messages from a woman, speak up and clarify – if unsure then back off. Talk about it.
- Do not assume you know what your partner wants.
- If you have any doubts about what your partner wants, STOP, ASK, and CLARIFY.
- Taking sexual advantage of a person who is mentally or physically incapable of giving consent (for example drunk) is rape.
- If a woman turns you down, it does not mean she is rejecting you as a person.
- Not having sex or "scoring" does not mean you are not a "real man".

Men can be victims of rape and have the same rights to counseling and legal action as women do.

Respectfully submitted,

Julie Ramsey
STOP Coordinator

Corrections

- The Land Use Plan meeting schedule published in last months Currents should have stated that the meetings are held at the Dome Rome after the Saturday Council meetings. Please see the full details on the back page of this issue.
- The inside center page is being reprinted in this issue due to an unexplained white line that appeared in some newspapers.
- Lastly, you can read Jessica Burgers statement about the pharmacy/K-mart notice in last months paper to discover why there was a black magic marker line or "please disregard this notice" sticker in your paper.

Everyone who helped get the paper out appreciates your patience and consideration very much. Being a new publication there are usually some bugs to work out but with all of us working together we can produce a great paper for all to enjoy. *Thanks again!*

Domestic Violence Conference

October is Domestic Violence Awareness month and for October of 2003 the Domestic Violence Task Force (D.V.T.F.) put together three days of activities for the community. A poster contest for three age groups, with the theme of Restoring Peace within the Family, was advertised. Unfortunately we had no response to this advertised contest. The theme and title of the conference; Restoring Peace in Indian Country, was contributed by Steve Lewis, Peacemaker Program Director and D.V. T.F. member.

The conference took place at the LRCR Three Fires Conference Center on Thursday, October 16th, Friday, October 17th, and Saturday, October 18th. On Saturday the L.R.B.O.I. Tribal Police challenged Manistee City Police Department to a Volleyball Game which was held at the Manistee High School Gymnasium. (Tribal Police won.) Money raised from admission to the game was donated to the United Way for the local domestic violence shelter, Choices.



Char Lewis speaks at the conference

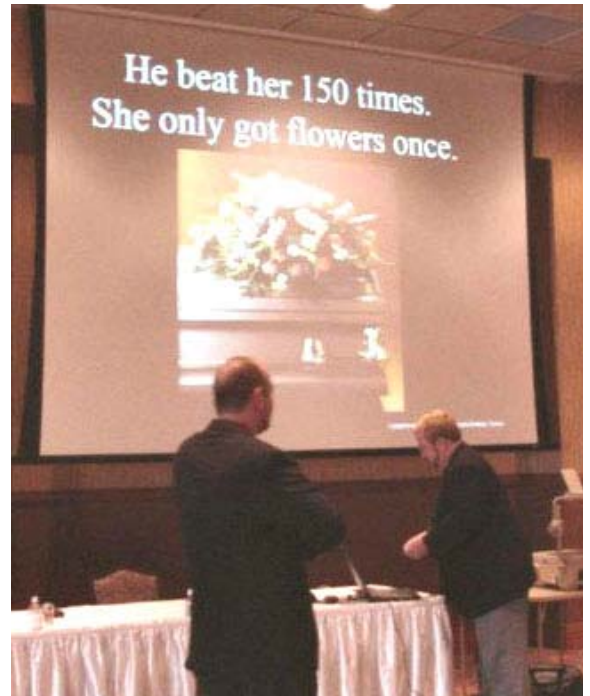
Speakers: Marlin Mousseau, a member of Pine Ridge but living with his wife on the Oneida Reservation in Wisconsin spoke on the topics of Native American Men Who Batter and on Women Using Violence; Charlotte Lewis-Campbell, a L.R.B.O.I. member presented Sub-

stance Abuse and Domestic Violence issues as well as Healing; Leslie Hagen, Assistant U.S. Attorney for our area, discussed federal laws concerning domestic violence on Tribal lands. Ruth Oja from the Hannahville Indian Community shared experiences about Domestic Violence in Indian Country, and numerous deaths of victims she had known. David Garvin, from Ann Arbor, spoke about the need for long term intervention with batterers. In addition a Panel with Batters, Victims, Law enforcement, Prosecutor, and Peacemaking were represented. The closing of the conference was a play put on by Tribal children addressing parenting and growth.

The S.T.O.P. Violence Against Indian Women grant provided by the United States Department of Justice and the Family Violence Prevention Program grant provided by the Department of Health and Human Services sponsored the conference through funding available for training and community awareness. An information and display table was provided to allow attendees to take home booklets and pamphlets about how violence affects children, domestic violence information and information on stalking.

Special thanks to, Corporal, Janeen Cadden, Officer Jill Markoski, and Kareen Lewis; the three members of the D.V.T.F. that put in extra time and energy to make this conference and activities a success.

The conference was opened both days by Phil Memberto and the Swirling Wind Drum, the opening prayer was given by tribal members Teri Raczowski on October 18th and Steve



David Garvin in front of the presentation screen

Lewis on October 19th. Prayer before lunches was provided by tribal members Jerry Ramsey and Steve Lewis. Many thanks to those people as well.

Respectfully submitted,

Julie Ramsey

STOP Violence Planning Coordinator

Note: Any members who are interested in being a member of the Domestic Violence Task Force and would like to help addressing this issue in the Tribal community, please contact Julie Ramsey, at the Justice Center (Newland), 398-3379 ext. 10. for meeting dates, time and location.

Commodity Department

From Yvonne Theodore

The commodity department received these bonus items for 2003: Ham & Salmon & Trail Mix & Bison burger.

Information: Commodity Department has served: 469 households and 1,807 Participants in 2002 and 481 households and 1,914 participants in 2003.

Commodity Department is looking forward to the Spring membership meeting and presenting updated Information, regular recipes, diabetic recipes and commodity recipes



Creamy Broccoli and Cheese Bake

- 1 pkg. (1 oz.) Hidden Valley Original Ranch Dressing Mix
- 8 oz. Cream cheese
- 1/4 cup milk
- 1 lb. Broccoli cooked and drained
- 1/2 cup shredded sharp cheddar cheese

In a blender, combine dressing mix, cream cheese, and milk. Pour over broccoli in 9 -inch baking dish; stir well. Top with cheese bake at 350 degrees F for 25 minutes or until cheese is melted. Serves 4



Commodity Department would like to say welcome to our new employee: Brandon Drake

Counties Served:

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Muskegon
Newaygo
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Oscoda
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From the Elders Corner

Submitted by June Sam
Elders Coordinator

The Michigan Indian Elders Association have two programs for students that we would like to see some Little River students at least enter. You must be an enrolled member of, or a direct descendant of an enrolled member of one of the MIEA constituent Tribes or Bands; this must be verified by the Tribal Enrollment Department.

There are five competitive college scholarships; two \$500.00 and three \$1,000.00 scholarships will be awarded to students entering college or students already attending college.

Applications for this program are available from the Elder's Coordinator, June Sam, or the Education

Department. Applications must be in no later than June 16, 2004.

2003/04 Student Incentive program is offered to recognize students who achieve all "A's" for a marking period as well as students who achieve perfect attendance for a marking period.

Students in grades K-12 at public or private school are eligible for perfect attendance entries. Students in grades 4-12 are eligible for straight "A" entry (A-, A, A+)

These entries will be entered in a lottery type drawing and the winning entrant will receive \$25.00. You may enter for both categories and both of the first two marking periods in 2003/04 school year.

Entries for the incentive program must be verified by the school and in to the MIEA coordinator by April 1, 2004.



Lunch time fun at Marcella's desk!

Lee Iverson is just about to knock the Jenga blocks down while Marcella Leusby, Rose Crawford, Michelle Lucas, Loretta Staff & Amber Moore watch.

Connecting with Kids
Continued from cover page

Another important issue discussed was the possibility of creating jobs for workers at the coal plant. Ogema Sprague said that if the project goes through as Mr. Tondou plans, there will be a lot more jobs available for citizens in the area. Jobs for people to clean the coal dust from homes and buildings, multiple health service jobs to care for people who are sick from being exposed to pollutants, and maintenance jobs to repair the roads, bridges and waterways due to long-term damage caused by transporting coal are a few of the new jobs a coal plant would offer. At this point the conversation between the class and Ogema became even more spirited as kids asked questions like, "Is it going to raise taxes to pay for the coal plant?", "What will happen to people's property values if this plant comes?" and "What's in it for us?" The Ogema answered the last question simply with one word, poison. Remarking about the tax questions he said that it's possible that taxes will go up due to the fact that the City will need to deal with more problems like excess land fill waste, providing additional health-care services, and implementing disaster planning procedures to

handle accidents happening at the plant.

"If the choice is jobs or environment, we can do better" said Ogema Sprague. "We're not going anywhere. We are culturally rooted to this place and want to invest in our Reservation and produce energy for all to use. Making the right decision to affect long-term change is our goal." One way the Tribe plans to create opportunities to bring people to the Reservation to live and work is by developing employment and revenue through alternate energy resource development. Because Michigan is potentially one of the top alternate energy source providers in the country the Tribe is preparing to get a wind turbine project operational in the Manistee area. The Ogema shared the benefits of creating a wind energy industry that could include turbine manufacturing jobs, maintenance jobs, operating jobs and support jobs, not to mention clean energy for Manistee. He also invited the class to visit the wind turbine at the LRBOI housing development. One student said that they should put a turbine at their school because it was always so windy there. The Ogema encouraged the students to run with that idea and offered contact information to help them get started.

As the listeners began to understand the Tribe's view on the coal plant a teacher asked the Ogema, "Can we stop this? What can I do?" The Ogema told him that he's met with Mr. Tondou previously and offered him options to make money in other ways, like alternate energy, however it's unlikely that Mr. Tondou will consider those options. Another teacher asked why Tondou is even attracted to Manistee. The Ogema said that shipping methods and easy connection to energy grids are some attraction but another is that the Tondou targets depressed communities that don't have the money to stop him. "He doesn't go after Gross Pointe or Beverly Hills to build a toxic plant there because they have the money to fight him off", said Ogema Sprague, "however our Tribe is prepared to unleash all our power to stop this plant. Time is our ally. We are not opposed to industry, it just needs to happen responsibly." He explained to the kids that sometimes it's not always about making an economic decision and can be more of a social one but sometimes a social decision can create more economic benefits in the future. Doing the right thing, for the right reasons

never loses its appeal and he told the kids that in 50 years he wanted all of them to be able to look back and say that it was good that no coal plant was built here.

In closing, the class talked more with Ogema Sprague about the consequences of building the plant and the available opportunities for the class to learn more about the issues. He encouraged them to attend City Commission meetings, do research, and make their feelings known. He also suggested that everyone write letters to the EPA to ask that Manistee be granted non-attainment status so our city won't be a place for industry to dump pollutants anymore. And finally Ogema Sprague asked the class to raise their hands if they were opposed to the coal plant project. Hands flew into the air, both students and teachers while the Ogema left them with these few inspiring words, "It's not enough just to stop something. You must be for something. I'm for the future, I'm for alternate energy."



Article by Melissa Zelenak



Get a Chance to Win Free Gas at MEIJERS

Every Tuesday from January 6 to May 25, 2004 the Little River Casino & Resort is giving guests a chance to win free gas from Meijer. Guests can pick up their game card every Tuesday from 4pm to 8pm at the Player's Club.

Win Instantly

1/2 the game cards are instant winners!

Win Big

Spell the word M.E.I.J.E.R. and win free gas for a year!

Win Again

Participants entered into weekly drawing for \$100 gift cards!

Guests can get more details and pick up their game pieces at the Player's Club. They must be Player's Club members to participate. Sorry, employees of Little River and their families can not participate.

Tuesday's All About Winning Gas at the Little River Casino & Resort



Omega-3 Fatty Acid May Delay Diabetes

NEW ORLEANS (Reuters Health) - An omega-3 fatty acid found in fish oil appears to improve insulin function in overweight individuals who are vulnerable to type 2 diabetes, researchers report.

Three months of daily supplementation with docosahexaenoic acid (DHA) produced a "clinically significant" improvement in insulin sensitivity in overweight study participants, according to Dr. Yvonne Denkins, a nutrition researcher at the Pennington Biomedical Research Institute, Louisiana State University in Baton Rouge. She presented the findings here Saturday at the annual Experimental Biology 2002 conference.

Previous population studies have suggested that fish oil might help protect against diabetes. "There were epidemiological studies on the Greenland Eskimos, a population of people that eat mainly whale blubber," Dr. Denkins pointed out. Although these people are overweight and should have high rates of diabetes and heart disease, they do not, she said. The researchers suspected dietary factors and found that it was the omega-3s.

In their study, Dr. Denkins and colleagues had 12 overweight men and women, between 40 and 70 years old, consume 1.8 grams of DHA at breakfast for 12 weeks. While none of the study participants had diabetes, they all had insulin resistance.

Using blood tests taken at baseline and at the end of the study, the researchers assessed changes in each person's insulin resistance. "We did see a change in insulin sensitivity after 12 weeks of DHA supplementation," Dr. Denkins told Reuters Health. A full 70% of the study participants showed an improvement in insulin-related function, she said, "and in 50% it was a clinically significant change."

Dr. Denkins stressed that the small size of the study sample means that the results remain preliminary, and diabetics should never replace their medications with any dietary supplement, including fish oil. Individuals considering upping their intake of fish oil should also consult their doctor beforehand, especially if they are being treated for any cardiovascular condition, she added. This is because DHA has a slight blood thinning effect.

Nutrition experts currently recommend a daily intake of 0.6 grams of omega-3 fatty acids, preferably from fish. According to Dr. Denkins, this works out to about two servings per week of cold-water fish, such as halibut, herring, mackerel or salmon.



Native American Warriors Continued from cover page

Contributions In Combat

It is estimated that more than 12,000 American Indians served in the United States military in World War I. Approximately 600 Oklahoma Indians, mostly Choctaw and Cherokee, were assigned to the 142nd Infantry of the 36th Texas-Oklahoma National Guard Division. The 142nd saw action in France and its soldiers were widely recognized for their contributions in battle. Four men from this unit were awarded the *Croix de Guerre*, while others received the Church War Cross for gallantry.

The outbreak of World War II brought American Indians warriors back to the battlefield in defense of their homeland. Although now eligible for the draft by virtue of the Snyder Act, which gave citizenship to American Indians in 1924, conscription alone does not account for the disproportionate number of Indians who joined the armed services. More than 44,000 American Indians, out of a total Native American population of less than 350,000, served with distinction between 1941 and 1945 in both European and Pacific theaters of war. Native American men and women on the home front also showed an intense desire to serve their country, and were an integral part of the war effort. More than 40,000 Indian people left their reservations to work in ordnance depots, factories, and other war industries. American Indians also invested more than \$50 million in war bonds, and contributed generously to the Red Cross and the Army and Navy Relief societies.

Battle-experienced American Indian troops from World War II were joined by newly recruited Native Americans to fight Communist aggression during the Korean conflict. The Native American's strong sense of patriotism and courage emerged once again during the Vietnam era. More than 42,000 Native Americans, more than 90 percent of them volunteers, fought in Vietnam. Native American contributions in United States military combat continued in the 1980s and 1990s as they saw duty in Grenada, Panama, Somalia, and the Persian Gulf.

Native Americans As Warriors

As the 20th century comes to a close, there are nearly 190,00 Native American military veterans. It is well recognized that, historically, Native Americans have the highest record of service per capita when compared to other ethnic groups. The reasons behind this disproportionate contribution are complex and deeply rooted in traditional American Indian culture. In many respects, Native Americans are no different from others who volunteer for military service. They do, however, have distinctive cultural values which drive them to serve their country. One such value is their proud warrior tradition.

In part, the warrior tradition is a willingness to engage the enemy in battle. This characteristic has been clearly demonstrated by the courageous deeds of Native Americans in combat. However, the warrior tradition is best exemplified by the following qualities said to be inherent to most if not all Native American societies: strength, honor, pride, devotion, and wisdom. These qualities make a perfect fit with military tradition.

Strength

To be an American Indian warrior is to have physical, mental, and spiritual strength. A warrior must be prepared to overpower the enemy and face death head-on.

We honor our veterans for their bravery and because by seeing death on the battlefield, they truly know the greatness of life. --
Winnebago Elder

American Indian soldiers, sailors, marines, and airmen have fought heroically in all of this century's wars and armed conflicts. They have not only been formally recognized for their bravery through military decoration but through anecdotal observation as well.

The real secret which makes the Indian such an outstanding soldier is his enthusiasm for the fight. --U.
S. Army Major, 1912

More important, however, is the warrior's spiritual strength. Many traditional cultures recognize that war disrupts the natural order of life and causes a spiritual disharmony. To survive the chaos of war is to gain a more intimate knowledge of life. Therefore, military service is a unique way to develop an inner strength that is valued in Native American society.

Having a strong sense of inner spirituality is also a part of the Indian character. Many Native Americans are raised on rural or remote reservations, an environment that fosters self-reliance, introspection, and a meditative way of thinking. These character traits can be very beneficial when adapting to the occasional isolation of military life in times of both peace and war.

Honor, Pride, Devotion

Warriors are honored - honored by their family and their tribe. Before going into service and upon their return, warriors are recognized by family and community. Recognition takes place through private family gatherings, or through such public ceremonies as tribal dances or intertribal ceremonies.

My people honored me as a warrior. We had a feast and my parents and grandparents thanked everyone who prayed for my safe return. We had a "special" [dance] and I remembered as we circled the drum, I got a feeling of pride. I felt good inside because that's the way the Kiowa people tell you that you've done well. --Kiowa Vietnam Veteran

Being a warrior in traditional American Indian society gives one a sense of pride and a sense of accomplishment at a time in life when self-esteem is just developing. Becoming a warrior brings status to young men and women in their culture. The ceremonies that honor the warrior create a special place in the tribe's spiritual world.

After I got home, my uncles sat me down and had me tell them what it [the war] was all about. One of them had been in the service in World War II and knew what war was like. We talked about what went on over there, about killing and the waste, and one of my uncles said that God's laws are against war. They never talked about those kinds of things with me before. --Cherokee Vietnam Veteran

United States military service provides an outlet for Native Americans to fulfill a cultural purpose rooted in tradition -- to fight and defend their homeland. This purpose is particularly important since it comes when young people of the tribe are normally not old enough to assume a leadership role in their traditional cul-

ture. The cultural expectation to be a warrior provides a purpose in life and is an important step in gaining status in Native America culture.

When I went to Germany, I never thought about war honors, or the four "coups" which an old-time Crow warrior had to earn in battle....But afterwards, when I came back and went through this telling of war deeds ceremony... lo and behold I [had] completed the four requirements to become a chief. --
Crow World War II Veteran

Native American warriors are devoted to the survival of their people and their homeland. If necessary, warriors will lay down their lives for the preservation of their culture, for death to the American Indian warrior is but another step in the advancement of life. It is understood that the warrior's spirit lives on eternally. So, warriors do not fear death, but rather regard it as the ultimate sacrifice for their own and their people's continued survival.

Wisdom

The warrior seeks wisdom. Wisdom, as used in this context, means the sum total of formal learning and worldly experiences. In wartime, those Native Americans seeing heavy combat had to learn how to survive, often using skills that many unit commanders thought were inherent to the American Indian's cultural background. A Sac and Fox/Creek Korean veteran remarked:

My platoon commander always sent me out on patrols. He... probably thought that I could track down the enemy. I don't know for sure, but I guess he figured that Indians were warriors and hunters by nature.

Many American Indians (as well as non-Indian volunteers) joined the military in World War I to satisfy their sense of adventure. Most had never left the confines of their hometown, much less marched on the battlefields of Europe. These experiences provided a wisdom through exposure to other people and cultures. This was sometimes threatening to the elders of a tribe, who feared that this newfound worldliness would cause unwanted change to their culture. Over time, however, this wisdom of worldly events and peoples was accepted by tribal leaders. Today, Native Americans are increasingly exposed to the non-Indian world through movies and television. Although the military is still an avenue for seeing the world, it has, in the latter half of the 20th century, also provided other types of wisdom. Military service offers excellent educational and job skill opportunities for Native American men and women who frequently come from educationally disadvantaged communities.

Wisdom can also be gained from interaction with others. Military policy in the 20th century has preferred assimilating the American Indian into regular units. Although some divisions had more Native American troops than others, there were never all-Indian units. This meant that Indians and non-Indians were placed in close-knit groups, perhaps each experiencing each other's culture up close for the first time.

There was a camaraderie [in the Air Force] that transcends ethnicity when you serve your country overseas in wartime. --Sen. Benighthorse Campbell, Cheyenne Korean veteran

Continued on page 12

Anishinaabe Language Hotline
1-877-789-0993

Man, woman, child (life stages)	Press 1
More weather terms	Press 2
More household terms	Press 3
More foods & liquids	Press 4
Time	Press 5
Body parts	Press 6
Clothing	Press 7
My family members	Press 8
Your family members	Press 9
His/her family members	Press 10
Numbers (10's—90)	Press 11
Months or moons of the year	Press 12
To leave info for language CD Rom	Press 13

Numbers

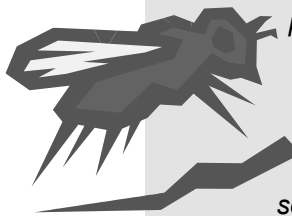
10	Mdaaswi	Mdaas wi
20	Niizhtana	Niizh tana
30	Nsimtana	Nsim tana
40	Niimtana	Niim tana
50	Naanmitana	Naan mi tana
60	Ngodwaasmitana	Ngod waas mi tana
70	Niizhwaasmitana	Niizh waas mi tana
80	Nshwaasmitana	Nshwaas mi tana
90	Zhaangsmiitana	Zhaangs mi tana

Our number system is relatively easy to remember. If you learn the first 10 numbers the rest should be easy. All you have to do is put the filler word shaa in between the numbers like the example I left for the past year. For example 11 would be Mdaaswi shaa bezhik, 22 would be Niizhtana shaa niizh and 33 would be Nsimtana shaa nswi and so on.

About the CD Rom

Have you ordered your copy yet? I know that everyone cannot make to a weekly language class for what ever reason to learn Anishinaabemowin. Over the last 14 years I have created books, tapes, Cd's, videos and now an interactive language CD Rom. I hope that you and your family order one and do your best and help save our language. It is set up in 4 sections, beginning, intermediate, advanced and conversational. There are plenty of games, interactive lessons, videos, riddles, and a section on culture. To order your copy go to languagecd@lrboi.com or leave your name, address and Tribal ID # at language hotline after you press 13. We are doing a press release on this and I would like you to send me your comments about the CD Rom. Let me know what you think of it and maybe your quote could go along with the press release. Please contact me at Pheasant9@aol.com or www.anishinaabemowin.org If you have any questions on language please call me at 231-392-6421 or 231-933-4406.

The Fly Saves the River



Many, many years ago when the world was new, there was a beautiful river. Fish in great numbers lived in this river, and its water was so pure and sweet that all the animals came there to drink.

A giant moose heard about the river and he too came there to drink. Because he was so big, and he drank so much, the water soon began to sink lower and lower.

The beavers were worried. The water around their lodges was disappearing. Soon their homes would be destroyed.

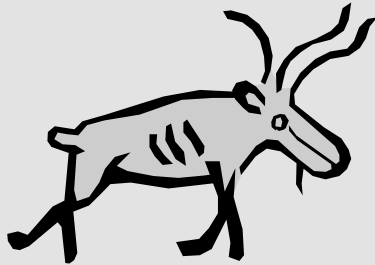
The muskrats were worried too. What would they do if the water vanished? How could they live?

The fish were very worried. The other animals could live on land if the water dried up, but they couldn't.

All the animals tried to think of a way to drive the moose from the river, but he was so big that they were too afraid to try. Even the bear was afraid of him.

At last the fly said he would try to drive the moose away. All the animals laughed and jeered. How could a tiny fly frighten a giant moose? The fly said nothing, but that day, as soon as the moose appeared, he went into action.

He landed on the moose's foreleg and bit sharply. The moose stamped his foot harder, and each time he stamped, the ground sank and water rushed in to fill it up. Then the fly jumped about all over the moose, biting and biting and biting until the moose was in a frenzy. He dashed madly about the banks of the river, shaking his head, stamping his feet, snorting and blowing, but he couldn't get rid of that pesky fly. At last the moose fled from the river, and didn't come back.



The fly was very proud of his achievement, and boasted to the other animals, "Even the small can fight the strong if they use their brains to think."

Aanii, The Anishinaabe Language Classes are back on schedule unless the weather gets too bad. See you there.

Tuesday, 12:30 at the LRBOI Community Center

Thursday, 12:30 at the Sapplings room out at the Casino.

Native American Warriors, Continued from page 6

Similarly, intertribal relationships were developed, sometimes with a person who was a traditional "enemy." Many times these intercultural and intertribal contacts broke through stereotypes and resulted in lifelong friendships, friendships that otherwise might never have been cultivated.

Thanks to my military service [in the Navy],
I now have friends in 500 tribes.

--Lakota Korean veteran

The Warrior Tradition Carries On

The requirements for successful military service -- strength, bravery, pride, and wisdom - match those of the Indian warrior. Military service affords an outlet for combat that fulfills a culturally determined role for the warrior.

Therefore, the military is an opportunity for cultural self-fulfillment. By sending young tribal members off to be warriors, they return with experiences that make them valued members of their society. Finally, the military provides educational opportunities, which allow Native American veterans to return to their community with productive job skills to improve their quality of life.

With the 21st century on the horizon, the United States military can be expected to provide continuing opportunity for Native American men and women. For their part, Native Americans can be expected to carry on their centuries-old warrior tradition- serving with pride, courage, and distinction.

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NAVY YARD
WASHINGTON DC 20374-
5060

20th Century Warriors:
Native American Participation
in the United States
Military

(Prepared for the United
States Department of
Defense by CEHIP Incorporated,
Washington, DC, in partnership
with Native American advisors, Rodger
Bucholz, William Fields,
Ursula P. Roach, Washington:
Department of Defense, 1996.)

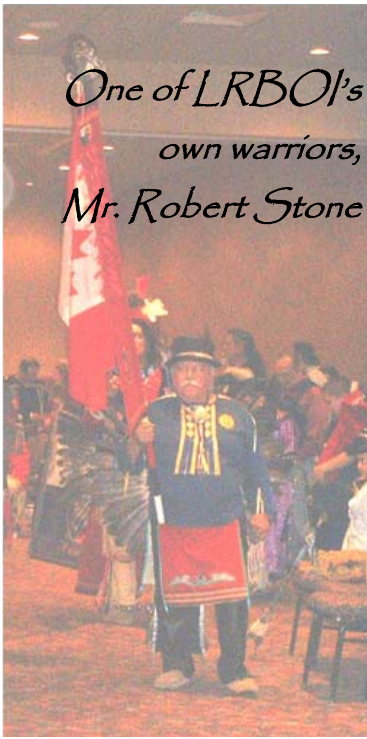
Related resources:
American Indian
Medal of Honor
Winners
Navajo Code Talkers
in World War II:
A Bibliography
Navajo Code Talker
Fact Sheet
Navajo Code Talker
Dictionary

15 August 1997

Posted at:

<http://www.history.navy.mil/faqs/faq61-1.htm>

DEPARTMENT OF THE NAVY -- NAVAL HISTORICAL CENTER



ren will grow up. The land provides us places to put our businesses and places to relax and enjoy the beauty and nature Creator has given us. In this issue of
gnize many of the names, and are probably related to them in some way. No matter who you're related to, the Reservation is for all of us, even if you don't live in

still had about governmental

as told me in your letter July 6, 1936,
sorry to say that the Indians all said
ion addressed to Washington now.
ut I am sorry to said. I will send you
River Indians. We all hope to get
hat we want. Please help us, anyhow.
mes, and get some wood to burn.
home to go too, and if you could help
bout these other Indians don't want

all Grand River Indians. Them name
re them Grand River Indians. Name
now. They be 100 a petitions now.

Mr. John Peters
Mrs. Rose Peters
Mrs. Jennie Peters
Mr. Jim Alberts
Mr. Solomon Smith
Miss Ruth Koon
Mr. Harry J. Smith
Miss Maggie Genereau
Dealia Battics
Wallace Smith
Elizzie Wilson
Mr. Francis C. Paul
Chas. J. Wilson
Nicholas Wilson

***In this letter, the wishes of our ancestors are again stated by to-
day's Elders who express the importance of having our govern-
ment officers defend our Reservation boundaries.***

November 1, 2003

*We, the Elders of the Gaa Ching Ziibii Daawaa Anishinabek In our capacity as
the wisdom-keepers and stewards of our nation, Do affirm and request that our
Government officers, both Council and Ogema, at all times defend and support
our Sovereign property boundaries and jurisdiction over them, as reserved for
the Tribe by our Chiefs, in both the 1836 and 1855 treaties.*

*These are our homelands; our right to govern within these boundaries has
never been relinquished nor diminished, by any action of the Tribe.*

*We charge these officials to protect these boundaries and rights with all dili-
gence, as these are of primary importance.*

*We are putting this in petition form so you will know who many of the Elders at
our meeting support this document.*

Lavern Oren
Margery Lutz
David Crawford
Alice Skrzysinski
Frank Huston
Patsy Morris
Nancy Bower
Shirley Witkop
Darline Short
Alyce Giltz
Robert Whiteloon
Josephine Schondelmayer
Mary Lou Hoffmeyer
Joseph Koon
Dan Stewart
Robert Hardenburgh
Carol Bennett

Loretta Beccaria
Roger Sprague
June Sam
Frances Bott
Leatrice Castonia
Yvonne Foster
Sandra Witkop
Edna Rinard
Martha Denmen
Aldeanna Kelsey
Georgianna Adamczak
Frances Petts
Floyd Hewitt
Sherman Moore
Elaine Porter
Katherine Glocheski
Harrietta Grantsynn

LITTLE RIVER Q&A: TERRITORY, PART II

**What is land “held in com-
mon”?**

Traditionally, all lands within a
Tribe's Traditional Territory
were “owned in common” by the
Tribes. Lands owned in com-
mon, or held in common, were
owned by the
Tribal governments for the
benefit of the Tribe (or Bands)
and its members and were not
owned by individuals.

Most original Reservations, in-
cluding the Manistee Reserve,
which was reserved in the 1836
Treaty were intended to be
“held in common”.

What is an “allotment”?

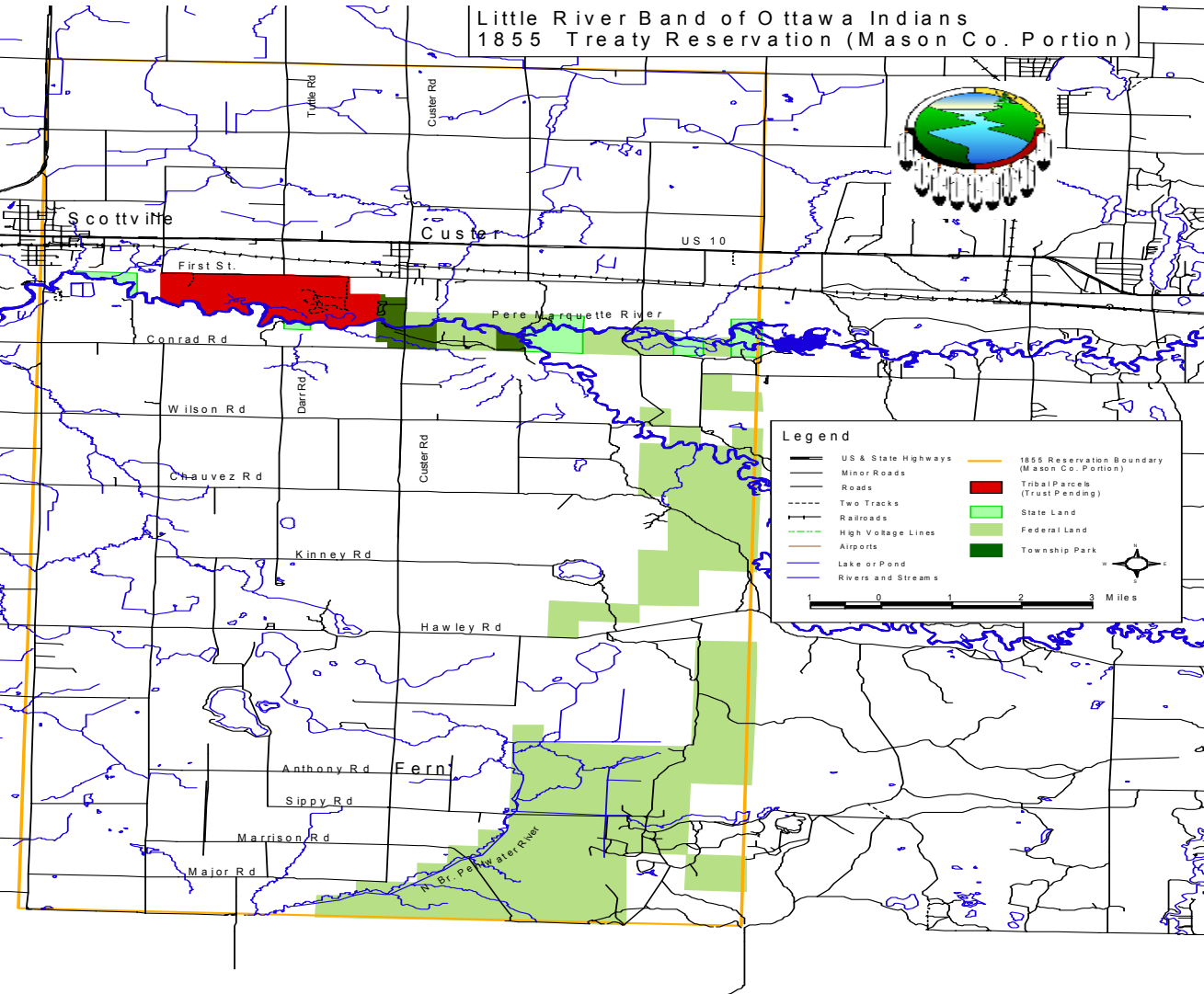
An allotment is an individual
member's share of the lands
within a Tribe's Reservation.
Beginning in the 1850's, the
United States began allotting,
or dividing, Reservations by
granting individual members
“allotments” of lands. The 1855
Treaty included language that
allowed heads of households
and single adult Tribal members
to select allotments of 80 acres
(for heads of households) and
40 acres (for single persons).

The allotment process was in-
tended to end the “communal
ownership” of property within
Reservations and to “civilize”
Indians by teaching them the
value of private property and
encouraging them to become
farmers.

What is “Trust Land”?

Trust Land is land in which the
legal title to, or ownership, of
the land is held by the United
States “in trust for the benefit
of” either and Indian Tribe or an
individual Indian person.

Land that is held in trust by the
United States is not subject to
state or local laws, including
property tax laws. Neither the
Tribe nor a Tribal member can
sell land that is owned “in trust”
by the United States for their



Bringing Back the Nmé (Lake Sturgeon) to the Reservation

By Jimmie Mitchell, Natural Resource Commission Chairman and Marty Holtgren, Inland Fisheries Biologist.

The nmé (lake sturgeon) is undoubtedly one of the most unique and fascinating freshwater fish species in the world. Nmé can grow to be over 7 feet long and over 200 pounds, making them quite a site to see when they come into the shallows of the Manistee River to spawn. The LRBOI Reservation is home to a population of lake sturgeon and provides the critical habitat that is needed for these gigantic fish to successfully spawn and where their young can survive. The LRBOI recognizes the importance of the Reservation to the nmé and is in the process of forming a Nmé Management Plan for the Reservation. This Plan will detail the historic and current importance of the nmé to the Tribe and set long-term rehabilitation goals. In 2003 the Tribal Council adopted Resolution #03-0910-282 that supports a commitment to the long-term management and assessment of the nmé.

The nmé population within the Tribe's Reservation is at only a remnant of its former size. The Tribe is concerned about the current status of nmé in the Manistee River and across the Lake Michigan basin. The nmé is critically important to Anishinaabek people. The nmé were once known as the King Fish and the Anishinaabek people who represented the clan of this magnificent species were the teachers of the community; they were also responsible to speak in council for all the other Fish clans.

The significance of the nmé to the Anishinaabek was no less greater than how the Lakota, Nakota and Dakota view the buffalo for its gift of sustenance. The Anishinaabek people have harvested the nmé for well over one thousand years as is evident of the spears found at the digs of our ancient fishing camps. There was never any evidence of over-harvest, it was and still is believed that the Fish offers its flesh in return of the respect our People hold for them.

The Rehabilitation of nmé into our waterways is as profound as the re-emergence of our own culture and is viewed by the Anishinaabek as a time of celebration, as two ancient families, indigenous to these lands are reunited to thrive side by side once again as part of our Creator's plan.

Unfortunately, nmé are no longer abundant in the Tribe's Reservation and are considered 'Threatened' within the State of Michigan. Through ongoing research the Tribe has identified that the Manistee River sturgeon population is likely sustainable, however, it appears that due to a limited number of spawning females and recruitment success the population will not rehabilitate without intervention. The Manistee population of nmé is should be rehabilitated because of the cultural and biological importance of the species. The LRBOI recently was the recipient of a Watershed Initiative Grant, which in part, will improve sturgeon habitat in the Manistee River. This will make conditions more favorable for promoting sturgeon rehabilitation.



The Conservation Department joined forces with the Cultural Preservation Committee and the Education Department to help Tribal kids and members learn more about the Lake Sturgeon and how important it is to our culture.

It's hard to believe that this tiny little fish will grow into a huge Sturgeon!



Check out the latest issue of Currents on-line at **WWW.LRBOI.COM**

Send your email address to **currents@lrboi.com** and you'll get the latest issue before it even goes to the printer!

2002 LRBOI Sturgeon Youth Day



Kenny Pheasant, Jay Sam and one big Sturgeon!



It takes a bunch of Tribal kids to hang on to this Sturgeon!



Yvonne Parsons, Bridget Cole and Bridget's daughter, Racquel get a little grip on this Sturgeon. It was the first one caught in Tribal nets!



A Dumb Hunter Joke...

A couple of hunters are out in the woods hunting when one of them suddenly grabs his chest and falls to the ground. He doesn't seem to be breathing; his eyes are rolled back in his head.

The other guy whips out his cell phone and calls 911. He gasps to the operator, "I think Bubba is dead! What should I do?"

The operator, in a calm soothing voice says, "Just take it easy and follow my instructions. First, let's make sure he's dead."

There is a silence... and then a shot is heard.

The guy's voice comes back on the line, "Okay, now what?"

Energy Efficiency Tips from Membership Assistance

There are hundreds of things you can do to make your home more efficient, ranging from simple, free adjustments to major, long-term investments. Which ones you should do in your home will depend on a number of factors—where you live, the size and style of your house, how efficient it already is, which direction it faces, and so on. Nevertheless, let one principle be your guide: go for the “no cost” adjustment first. Often it will be the cheapest, easiest projects that make the biggest dents in your utility bills. Then, with the money you're saving each month on energy and water, you can tackle further projects or put towards a nice vacation. Some utilities and energy offices offer great information and financing programs to encourage their customers to invest in energy efficiency and renewables as well as budgeting programs to help with utility bills. Ask yours about these types of programs.

Getting Started:

- A. Collect your fuel and electric bills for the past 12 months. Divide the total cost of the bills by the square footage of your home—but don't include garages and unheated basements. Most annual bills range from 60¢ to 90¢ per square foot. If your bills fall in this range, or are even higher, you have many cost-effective opportunities to dramatically reduce your bills. Save this information for future reference.
- B. Make a plan of action. The following 19 proven ways to save energy are a useful place to start. Feel free to substitute your own priorities, since you and your family knows your situation.
- C. Encourage family members to be energy conscious. The importance of getting family cooperation shouldn't be underestimated; your family practices and activities can make or break energy saving efforts.
- D. After one year complete step A. again and see if there is any difference in the annual utility bills range.

Twenty Ways to Save Energy in your Home

1. **Adjust your thermostat.** Turn down your home heating thermostat, especially when your home is not occupied. Unfortunately we often see home heating temperatures set at 78 degrees, even in low-income houses. For every degree you lower your heat in the 60-degree to 70-degree range, you'll save up to 5% on heating costs.
2. **Wear warm clothing in winter.** This lets you comfortably set your thermostat to 68 degrees F. or lower during the day and evening, health permitting. Set the thermostat back to 55-60 degrees F. at night or when leaving home for an extended time saving 5-20 percent of your heating costs. Use a nice comforter on your bed at night.
3. **Wear cool clothing in summer.** Is it just me, or does it seem crazy that in the heat of summer men dress in wool suits? Even long sleeves and long pants don't make much sense in summer. Dress as cool as you can to reduce the air-conditioning expense.
4. **Eliminate wasted energy.** Turn off lights in unoccupied rooms. Unplug that spare refrigerator in the garage if you don't truly need it - this seemingly convenient way to keep extra drinks cold adds 10-25% to your electric bill. Turn off kitchen and bathroom ventilating fans after they've done their job - these fans can blow out a house-full of heated air if inadvertently left on. Keep your fireplace damper closed unless a fire is burning to prevent up to 8% of your furnace-heated air from going up the chimney.
5. **Reduce the hot water temperature.** Reducing the temperature on your water heater thermostat can decrease heat loss from your tank. You need to keep your water heater at or above 120 degrees to prevent bacteria from building up. Dishwashing may require higher temperature settings such as 130 degrees F. When purchasing a new dishwasher, choose one that heats the wash water to the right temperature internally, this lets you turn down your hot water and still get clean dishes.
6. **Install water flow restrictors in showers and low flow aerators in sink faucets.** These measures can save you money by reducing water use. Modern low flow showers feel just as good as the older high volume showers.
7. **Reduce lighting.** Remove lamps where you have more lighting than you really need, but be sure to maintain safe lighting conditions for work areas. Turn lights off when they're not in use. Replace outdoor lighting with a motion-detector equipped bulb or fixture.
8. **Replace incandescent light bulbs.** Replace incandescent light bulbs with compact fluorescent lights. The newer compact fluorescent lights don't buzz hum or flicker, and they really save money. A compact fluorescent lamp costs between \$4.00 and

\$12.00. I have found the least expensive lamps at the local Home Depot.

9. **Seal heating and cooling ductwork.** Leakage from areas such as joints, elbows, and connections can be substantial—as much as 20% to 30%. This is especially costly if the ducts travel through unheated or uncooled spaces such as attics, basements, or crawl-spaces. Use duct tape specifically designed for real ductwork not the stuff commonly called “duct tape”.
10. **Wrap the hot water tank with jacket insulation.** This simple, inexpensive measure will reduce standby heat loss from the tank. Be sure to leave the air intake vent uncovered when insulating a gas water heater. Even if you have a newer hot water heater, this will save real money and it doesn't cost much to do. Savings up to 10% on water heating costs. Note: The higher the “R” value of the insulation jacket the better. The “R” value on my water heater jacket is 19.
11. **Replace air filters regularly and follow maintenance schedules for furnace and air-conditioning equipment.** Replacing your dirty air filter can save money by reducing the amount of electricity needed to run your blower motor (because there is less resistance to airflow with a clean filter). Savings up to 5% of heating costs. This will also help to reduce allergens in the air for family members who have allergy problems.
12. **Install programmable thermostats.** These inexpensive devices, most incorporating modern microprocessor-based electronics, can help optimize your home heating and cooling needs and you won't need to remember to change thermostat settings.
13. **Clean cooling coils on your refrigerator.** This simple task can improve the efficiency of your refrigerator 15%.
14. **Use appliances efficiently.** Do only full loads when using your dishwasher and clothes washer. Use the cold water setting on your clothes washer when you can. Using cold water reduces your washer's energy use by 75%. Be sure to clean your clothes dryer's lint trap after each use. We have been washing a lot more on the cold settings with no noticeable problems. We even reduce the amount of detergent we use depending on how dirty the wash seems. The recommended amount of wash detergent should be considered a maximum amount. In the summer time, hang your clothes out to dry—best energy savings!!
15. **Buy energy-efficient appliances and equipment.** When buying televisions, appliances, computers etc., compare energy requirements. Consider purchasing a flat screen display next time you purchase a computer.
16. **Seal exterior cracks and holes, and ensure tight-fitting windows.** Seemingly small cracks or holes in the building exterior (like walls, windows, doors, ceiling, and floors) can really add up to substantial heating or cooling losses. Install weather stripping and caulking to stop these air leaks. Savings up to 10% on energy costs.
17. **Sun-exposed windows and building walls.** In most areas of the country, direct sunlight streaming through windows at the wrong time of the year can substantially increase your air-conditioning costs. During the cooling season, use shading methods (like window coverings, awnings, trees, and bushes) wherever possible. In the winter time let the sunshine in and feel the warmth!
18. **Repainting the exterior of home.** When it's time to repaint the exterior of your building, consider using colors that best fit your energy expense. More sunlight will be reflected away from the building to help with cooling expenses or dark colors for heating expenses because dark color absorbs heat, thus lowering energy expenses.
19. **Plug “leaking energy” in electronics.** Many new TVs, VCRs, chargers, computer peripherals and other electronics use electricity even when they are switched “off.” Although these “phantom loads” are only a few watts each, they add up to over 50 watts in a typical home that is consumed all the time. If possible, unplug electronic devices and chargers that have a block-shaped transformer on the plug when they are not in use. For computer scanners, printers and other devices that are plugged into a power strip, simply switch off the power strip after shutting down your computer.

Submitted by: Lee A. Iverson
Members Assistance Department

Special Report: Pollution

Kinds of Pollution

You might think you're parents or neighbors funky music is noise pollution but real pollution hurts us all. Think about these kinds of pollution and ways that you might be able to help clean Grandmother Earth up.

1) Air Pollution can cause respiratory problems in animals other than humans. Smaller animals, as are small children, are more susceptible to distress from higher levels of sulfur dioxide and ozone in the air. The greenhouse effect and global warming may be changing our climate faster than animal populations can adapt. Air conditioners and aerosol sprays that contain chlorofluorocarbons (CFC's) are contributing to a hole in the protective ozone layer.

2) Water Pollution is particularly harmful to marine ecosystems.

Sewage and other waste consume dissolved oxygen, decreasing the concentration available to fish. When we treat our sewage with chlorine to kill bacteria, we also kill marine ecosystems with the chlorine itself, or with carcinogenic chlorinated hydrocarbon byproducts. Mercury bioaccumulates in the food chains and for this reason it can be dangerous to eat large quantities of big ocean fish such as tuna and swordfish. In humans, mercury causes neurological symptoms (felt that manufacturers developed the "Mad Hatter" disorder) and birth defects.

3) Soil Pollution includes the abuse of pesticides like DDT. This nearly caused the extinction of several large birds like the brown pelican, but they have made a dramatic recovery since DDT use in the US was banned nearly thirty years ago. Did you know, however, that DDT is still produced in this

country for export to other developing nations whose needs outweigh the problems caused? This toxic substance and others from solid waste are taken up by the plants and animals we ingest. Some people believe in only purchasing food from organic stores which is more expensive since the crop is smaller by not using pesticides. An argument that poorer people have higher cancer rates since they cannot afford to shop organic can be made. Does your family purchase organic food?

4) Aquatic Ecosystems are in peril due to water pollutants such as acid rain and mercury contamination. Another problem for local fish is polychlorinated biphenyls (PCB's) from electrical transformers. This impairs reproduction in aquatic species and has been detected in the flesh of striped bass. Other toxic chemicals like lead and cadmium cause brain and liver damage respectively and

accumulate in the body over a lifetime of exposure. Finally, seemingly harmless thermal pollution both lowers dissolved oxygen and increases respiration rates, killing fish in a positive feedback cycle (ever increasingly). A summary of pollution effects on aquatic populations is available at A Marine Pollution Website.

5) Land Ecosystems are also affected by pollution. Bird populations have been changed by pesticides and oil spills. Bears that rely on fish diets can become contaminated. Mysterious mutations in frogs have been detected in the US. Habitat destruction is the primary reason for extinctions of animal populations.

To learn more about what species are endangered, click on The US Fish and Wildlife Service Homepage.

Causes of Pollution

Sediments

Particles of soils, sand silt, clay and minerals wash from land and paved areas into creeks and tributaries. In large unnatural quantities these natural materials can be considered a pollutant. Construction projects often contribute large amounts of sediment. Certain lumbering practices affect sediments in runoff. Sediments may fill stream channels and harbors that later require dredging. Sediments suffocate fish and shellfish populations by covering fish nests and clogging the gills of bottom fish and shellfish.

Petroleum Products

Oil and other petroleum products like gasoline and kerosene can find their way into water from ships, oil drilling rigs, oil refineries, automobile service stations, and streets. Oil spills kill aquatic life (fish, birds, shellfish and vegetation). Birds are unable to fly when oil loads the feathers. Shellfish and small fish are poisoned. If it is washed on the beach, the oil requires much labor to clean up. Fuel oil, gasoline and kerosene may leak into ground water through damaged storage tanks.

Animal Waste

Human wastes that are not properly treated at a waste treatment plant before being released to water may contain harmful bacteria and viruses. Typhoid fever, polio, cholera, dysentery (diarrhea), hepatitis, flu and common cold germs are examples of diseases caused by bacteria and viruses in contaminated water.

The main source of this problem is sewage getting into the water. People can come into contact with these microorganisms by drinking the polluted water or through swimming, fishing, or eating shellfish in polluted waters. Often unexpected flooding of barnyards or stock pens can suddenly increase the toxic effects of animal waste in water. Animal waste can also act as a fertilizer and create damage by increasing nu-

trients. (See FERTILIZERS.)

Organic Wastes

Domestic sewage treatment plants, food processing plants, paper mill plants, and leather tanning factories release organic wastes that bacteria consume. If too much waste is released, the bacterial populations increase and use up the oxygen in the water. Fish die if too much oxygen is consumed by decomposing organic matter.

Inorganic Compounds

Detergents, pesticides and many synthetic industrial chemicals are released to waterways. Many of these substances are toxic to fish and harmful to humans. They cause taste and odor problems and often cannot be treated effectively. Some are very poisonous at low concentrations.

Inorganic Chemicals

Inorganic chemicals and mineral substances, solid matter, and metal salts commonly dissolve into water. They often come from mining and manufacturing industries, oil field operations, agriculture, and natural sources. These chemicals interfere with natural stream purification; they destroy fish and other aquatic life. They also corrode expensive water treatment equipment and increase the cost of boat maintenance.

Fertilizers

The major source of pollution from agriculture comes from surplus fertilizers in the runoff. Fertilizers contain nitrogen and phosphorus that can cause large amounts of algae to grow. The large algae blooms cover the water's surface. The algae die after they have used all of the nutrients. Once dead, they sink to the bottom

where bacteria feed on them. The bacterial populations increase and use up most of the oxygen in the water. Once the free oxygen is gone, many aquatic animals die. This process is called eutrophication.

Heated or Cooled Water

Heat reduces the ability of water to dissolve oxygen. Electric power plants use large quantities of water in their stream turbines. The heated water is often returned to streams, lagoons or reservoirs. With less oxygen in the water, fish and other aquatic life can be harmed. Water temperatures that are much lower than normal can also cause habitat damage. Deep dams often let extra water flow downstream. When the water comes from the bottom of the dam, it is much colder than normal.

Acid Precipitation

Aquatic animals and plants are adjusted to a rather narrow range of pH levels. pH is a measure of the acidity of a solution. When water becomes too acid, due to inorganic chemical pollution or from acid rain, fish and other organisms die.

Pesticides, Herbicides, Fungicides
Agricultural chemicals designed to kill or limit the growth of life forms are a common form of pollution. This pollution results from attempts to limit the negative effects of undesirable species on agricultural crop production. Irrigation, groundwater flow, and natural runoff brings these toxic substances to rivers, streams, lakes and oceans.

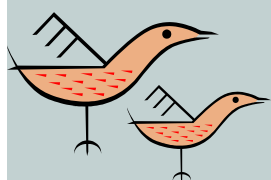
Pollution Information Sheet

Copyright 1987, 1992 Western Regional Environmental Education Council. Reprinted with permission from Project WILD.

Check out these interesting articles on the Internet. They're about the proposed coal plant that J. Tondu wants to build in Manistee. Currents would like to hear your thoughts about this important issue. Please email your comments to: currents@lrboi.com. Megwetch!

http://www.freep.com/news/nw/pow6_20040106.htm

<http://www.record-eagle.com/2004/jan/010804.htm>



California Governor wants "fair share" of gaming revenues

California tribal leaders need to stay united as they confront challenges facing their people in the coming year, the head of the state's largest Indian organization said on Wednesday.

Anthony Miranda, chairman of the California Nations Indian Gaming Association (CNIGA), delivered the opening speech to attendees of the 9th annual Western Indian Gaming Conference, being held in Palm Springs this week. He cited the positive benefits of the state's \$4 billion, and growing, tribal casino industry.

"Overall, it is estimated more than 200,000 Californians are now employed, either directly or indirectly, by Indian gaming," Miranda said. "That adds up to billions in wages, benefits and other payments generated directly and indirectly by Indian gaming."

But even though he said the state of California's tribes was strong, he cited two "dangers" facing them. One, he said, is Republican Gov.

Arnold Schwarzenegger's call to take a "fair share" of gaming revenues. Last week, Schwarzenegger put the number at \$500 million.

"From our perspective, the governor's concept of 'fair share' is amusing and troubling," Miranda told attendees. "It clearly shows that he doesn't understand a very simple fact: that the state does not pay a single dime in compensation to the tribes. Nothing."

The other challenge, he continued, is a voter initiative that would expand gaming at non-Indian card clubs and racetracks off tribal lands. He called the proposal a "deception" of the will of California voters, who overwhelmingly backed tribal gaming in two separate votes.

"The people understand that tribal government gaming is about people and self-reliance," he said. "This is something that these out-of-state corporations do not understand."

In his speech, Miranda outlined one step CNIGA, which has 59 member tribes, is taking take to address these dangers. He said the tribes will engage in an education program for California voters that will "build good will by dispelling untruths, half-truths and uninformed opinion."

Other tribal leaders backed the effort and said education -- from reaching out to local communities to improving public school curricula -- is absolutely critical. "We have to come from their reference point, not from ours," said Anthony Pico, chairman of the Viejas Band of Kumeyaay Indians.

Marc Macarro, chairman of the Pechanga Band of Luiseno Indians, said "a big role of that should be assigned to the public school system." "That's where hearts and minds are won," he said.

Throughout the day, tribal leaders said they were willing to meet with Daniel Kolkey, an attorney whom Schwarzenegger has assigned to

reopen gaming compacts that were given final federal approval by the Clinton administration in 2000. Kolkey developed failed agreements for former Gov. Pete Wilson (R) that did not have widespread support.

"He will make a formidable negotiator and opponent," Miranda said. "This much can be said of him -- we will always know where he stands."

Richard Milanovich, chairman of the Agua Caliente Band of Cahuilla Indians in and around Palm Springs, acknowledged "the difficult times ahead of us." But "we as Indian people are standing together," he said. "We as Indian people will face all challenges, and in the end, we will prevail because what we are doing is right for our people."

"Together we can accomplish very, very much," he told attendees.

*This article was posted at
Indianz.Com.
Thursday, January 15, 2004*

2003 review Senate Committee on Indian Affairs

WASHINGTON - The Senate Committee on Indian Affairs has issued a review of its activities during 2003, the first session of the 108th Congress. The 108th Congress will conclude with its second session, in 2004. The second session will begin when Congress reconvenes on Jan. 20. Currently, Congress is in adjournment.

The high points below are taken in part from the full SCIA report, which can be accessed on the Internet at <http://indian.senate.gov/LegUpdateDec2003.PDF>. Individual bills can be accessed at the committee Web site - <http://indian.senate.gov> - by clicking on the Legislation link at upper left of the splash page, then scrolling down through the bill captions and clicking on the bill number in question.

The committee took a lead role in attaching a tribal amendment to the bitterly contested national energy legislation of 2003. In April it reported favorably to the full Senate a bill that would amend the Energy Policy Act of 1992 in its Indian-specific provisions. The bill blended elements of proposals by Sens. Ben Nighthorse Campbell, R-Colo., chairman of the committee, and Jeff Bingaman, D-N.M., a committee member of long standing. "The blended bill establishes an Indian energy resource program, authorizes grants, loans and loan guarantees to tribes and tribal energy organizations, includes assistance for tribal regulatory and technical capacity, and reforms the Federal lease approval process for energy purposes."

Many of these provisions were heavily disputed within Indian country. National dispute over non-Indian measures eventually sent

the bill to a conference committee of members from the Senate and House of Representatives. The House passed the bill out of conference, but the Senate could not and will take it up again, Indian-specific provisions included, shortly after Jan. 20.

The committee played a leading role in another issue of national controversy - the trust funds reform litigation that ended up the subject of a "midnight rider" amendment in Congress, putting a moratorium on congressional expenditures for a court-ordered accounting. After months of discussions with both sides in the case on possible mediated settlement scenarios, the committee ended the year with a strongly-worded warning from Campbell that settlement must be in plain sight within one year (before the 2004 presidential elections, if one takes him precisely at his word). Otherwise, Campbell said, Congress will settle the case legislatively, in a manner Indians won't like.

Away from the wattage of controversy, the committee continued its usual work in behalf of distinct tribes and Indian country at large. The committee oversaw the enactment into law of provisions benefiting the Gila River Indian Community in its use of judgment awards, and Zuni pueblo in its claims to water in the Little Colorado River Basin.

In addition, the committee referred to the full Senate a number of bills that await further action, either there or in the House. Among them:

* S. 428 would benefit the Assiniboine and Sioux of Fort Peck in

future judgment fund distributions.

* S. 551 would charge the Environmental Protection Agency with treating the Southern Ute as a state under an accord worked out between the tribe and Colorado.

* S. 281 would improve tribal surface transportation based on proposals from Sens. Campbell and Bingaman, Pete Domenici, R-N.M., and Tim Johnson, D-S.D.

* S. 285 would consolidate the functions of tribal alcohol and substance abuse programs, as well as reauthorizing the Indian Alcohol and Substance Abuse Prevention and Treatment Act of 1986.

* S. 555 would establish a foundation for the receipt of private sector gifts in behalf of the Indian Health Service mission and Indian health generally.

* S. 1146 would authorize construction of a health care facility for the Three Affiliated Tribes.

* S. 1601 would assist tribes in reducing child abuse on reservations.

* S. 523 would make technical corrections to certain provisions regarding trust lands, tribal fisheries and a newly eligible land grant institution.

* S. 521 would increase the length of leasing terms on tribal lands from 25 to 99 years.

* S. 558 would elevate the director of Indian Health Service to the position of Assistant Secretary for Indian Health within the Department of Health and Human Services.

* S. 344 would authorize a Native Hawaiian governing body in acknowledgment of special U.S. legal and political responsibilities to Native Hawaiians.

The committee also reported favorably on S. 420, that would acknowledge the Lumbee of North Carolina, and S. 1423, the Thomasina E. Jordan Indian Tribes of Virginia Federal Recognition Act of 2003. Both are pending before the full Senate.

The committee moved two presidential nominations to the full Senate for confirmation: Dr. Charles Grim as director of the Indian Health Service, and Dave Anderson as the Interior Department's Assistant Secretary for Indian Affairs, or head of the BIA.

The committee hosted hearings on topics of Indian interest ranging from languages to health care, capital formation and homeland security.

Hearings are anticipated in 2004 on some of these subjects as well as a handful of others including tribal tax-exempt bonds, consolidation of federal economic development funding, probate reform, tribal compacting of non-IHS programs within DHHS, and government agency needs assessments of federally recognized tribes.

Hearing dates and times, once scheduled, will be posted on the Senate Committee on Indian Affairs Web site.

*This article was posted:
January 09, 2004 - 12:44pm EST
by: Jerry Reynolds /
Washington D.C. correspondent / Indian
Country Today*

90-Day Calendar & Contact Information

SPECIAL EVENTS:

Call the Cultural Preservation Committee to confirm the dates and times and to get more information on these upcoming events:

SNOW SNAKE TOURNAMENT: Feb 21 & 28, 9a-4p

Learn to build your own snow snake and race it in a tournament! Held at the LRBOI Community Center, the building class is one weekend and then tournament is the next weekend. Join the fun and race your snow snake!

REGALIA MAKING/DANCING: Thursday Nights, 6-8p

Starting February 5th and going to April 1 at the LRBOI Community Center. Think about what you'd like to wear and you can come to regular weekly classes to get help making it. And, now's the time to learn those dances, Spring Pow Wow is just a few short weeks away!

BASKET MAKING-March 13, 20, & 27th, 9a-4p

Learn how to make black ash baskets at the LRBOI Community Center. Class size is limited to about 10 people so call early. Carry your new regalia in the basket you make to the Spring Pow Wow!



March 2004

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 AL 12:30p	3 TC 10:00a NR 6:00p	4 AL 12:30p HO 5:15p	5	6 WS 10a EL 12p
7	8 EN 5:30p	9 AL 12:30p CP 5:30p	10 TC 10:00a	11 AL 12:30p ED 5:30p HO 5:15p	12	13
14	15 BI 10:00a	16 AL 12:30p TC 1:30p	17 TC 10:00a	18 AL 12:30p HO 5:15p	19	20 TC 10:00a Land Use 3pm
21	22 EN 5:30p	23 AL 12:30p CP 5:30p	24 TC 10:00a	25 AL 12:30p HO 5:15p	26	27
28	29	30AL 12:30p	31 TC 10:00a			

Meeting Schedule & Calendar Abbreviations

Please note that meeting information is subject to change without prior notification. You should always call ahead to verify meeting schedules and agendas if you plan to attend. Calendar meeting abbreviations shown below.

- AL****Anishinaabemowin Language Class**
Every Tuesday 12:20 pm - 1:20 pm LRBOI Community Center
Every Thursday 12:20 pm - 1:20 pm Little Conference Room, Casino
Every Tuesday 7:00pm-Advanced Language Class @ Training Ctr.
- EN****Enrollment Commission Meeting:** LRBOI Administrative Building
Every first and third Monday of the month at 5:30 pm
- CP****Cultural Preservation Committee Meeting:**
Bank Building, Dome Room 3rd Floor
Every second and fourth Tuesday of the month at 5:15 pm
- ED****Education Committee Meeting:** LRBOI Administrative Building
Every 2nd Thursday at 5:30 pm

February 2004

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 EN 5:30p	3 AL 12:30p	4 TC 10:00a NR 6:00p	5 AL 12:30p HO 5:15p	6	7 WS 10:00a <i>No Elders Meeting Today</i>
8	9 BI 10:00a	10 AL 12:30p CP 5:30p	11 TC 10:00a	12 AL 12:30p ED 5:30p HO 5:15p	13	14
15	16 EN 5:30p	17 AL 12:30p TC 1:30p	18 TC 10:00a	19 AL 12:30p HO 5:15p	20	21 TC 10:00a Land Use 3pm
22	23	24 CP 5:30p	25 TC 10:00a	26 AL 12:30p HO 5:15p	27	28
29	<i>Happy Valentine's Day LRBOI!</i>					

April 2004

SUN	MON	TUE	WED	THU	FRI	SAT
				1 AL 12:30p HO 5:15p	2	3 WS 10a EL 12p
4	5 EN 5:30p	6 AL 12:30p	7 TC 10:00a NR 6:00p	8 AL 12:30p ED 5:30p HO 5:15p	9	10
11	12 BI 10:00a	13 AL 12:30p CP 5:30p	14 TC 10:00a	15 AL 12:30p HO 5:15p	16	17 TC 10:00a Land Use 3pm Spring Membership Meeting
18	19 EN 5:30p	20 AL 12:30p TC 1:30p	21 TC 10:00a	22 AL 12:30p HO 5:15p	23	24
25	26	27 AL 12:30p CP 5:30p	28 TC 10:00a	29 AL 12:30p HO 5:15p	30	

- EL****Elders Meeting:** LRBOI Community Center
First Saturday of the month 12:00 pm (pot luck luncheon)
- NR****Natural Resources Commission Meeting:** East Lake Office
First Wednesday at 6:00 pm
- TC****Tribal Council Meeting:** Bank Building, Dome Room 3rd Floor
Every Wednesday at 10:00 am & Every Third Saturday - 10:00 am
- WS****Warrior Society Meeting:** LRBOI Community Center
First Saturday of the month 10:00am
- HS****Housing Commission Meeting:** LRBOI Administrative Building
Every Thursday 5:15pm
- GA****Gaming Commission:** Call for dates & directions
Every other Saturday 9:00am & Every other Tuesday 5:30pm
- BI****Binojeeuk Commission Meeting:** Bank Building,
Tribal Council Conference Room, Every second Monday 10:00am

DIRECT CONTACT PHONE NUMBERS

Ogema's Office	1-231-398-6823	Training & Development	1-231-398-9372
Tribal Council	1-231-398-6845	Wastewater & Utilities	1-231-723-2309
• Elaine Porter	1-231-398-6833	Warrior's Society	1-231-398-6720
• Pat Ruiter	1-231-398-6831	Bedabin Receptionist	1-231-398-6604
• Pamela Medahko	1-231-398-6849	Elder's Coordinator	1-231-398-6709
• Steve Parsons	1-231-398-6830	Enrollment Officer	1-231-398-6712
• Brian Medacco	1-231-398-6828	Commodities Department	1-231-398-6715
• Janine Sam	1-231-398-6834	Currents News	1-231-398-6872
• Tammy Kleeman	1-231-398-6835	Natural Resources	1-231-723-1594
• Israel Stone	1-231-398-6807	Little River Casino	1-231-398-6833
• Lisa McCatty	1-231-398-6719	Toll-Free	1-888-568-2244
Health Clinic	1-231-723-8299	Maintenance Department	1-231-723-7733
Toll-Free	1-888-382-8299	Housing Department	1-231-398-6734
Job Hotline	1-866-556-5660	Member's Assistance	1-231-398-6864
Language Hotline	1-877-789-0993		
Tribal Court	1-231-398-3406	LRBOI TOLL-FREE 1-888-723-8288	
Public Safety	1-231-398-3413		

ADDRESSES

Administration Building 1762 US 31 South Manistee, MI 49660 <i>Just South of K-Mart Plaza</i>	Natural Resources 159 Brickyard Road Manistee, MI 49660 <i>Big Blue off M-55</i>
Health Clinic 310 9th Street Manistee, MI 49660 <i>Above Child Care Center</i>	Tribal Court 3031 Domres Road Manistee, MI 49660 <i>In Newland Bldg</i>
Little River Casino & Resort 2700 Orchard Highway Manistee, MI 49660 <i>Corner of M-22 & US-31</i>	Government Offices 375 River Street Manistee, MI 49660 <i>In National Bank Bldg</i>
Community Center 1762 US 31 South Manistee, MI 49660 <i>Just South of K-Mart Plaza</i>	Public Safety 3031 Domres Road Manistee, MI 49660

Little River
Casino & Resort

February 2004 Calendar of
Events

Feb. 1 Super Bowl
Feb. 3 "Free Gas for a Year"
Feb. 4 Club 55 Coin
Feb. 7 Saturday Morning Madness
Feb. 10 "Free Gas for a Year"
Feb. 11 Club 55 Coin
Feb. 12 Sweetheart Drawing
Feb. 13 DIVAMANIA
Feb. 14 DIVAMANIA
Feb. 14 Saturday Morning Madness
Feb. 16 President's Day
Feb. 18 Club 55 Coin
Feb. 20 Gold Strike it Rich
Feb. 20 MECCA Annual Dinner
Feb. 21 Saturday Morning Madness
Feb. 23 Mardi Gras Drawing
Feb. 24 Mardi Gras/Fat Tuesday
Feb. 24 "Free Gas for a Year"
Feb. 25 Club 55 Coin
Feb. 28 Saturday Morning Madness
Feb. 29 Leap Year Promotion

Call 1-888-568-2244 for more
information or room reservations.

LEAP YEAR
PROMOTION

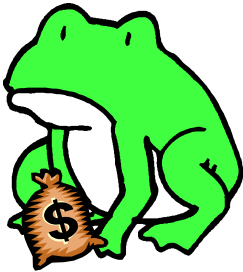
Over \$10,000 Given Away
on February 29th

2004 is a Leap Year and the Little River Casino & Resort is celebrating by sending three lucky guests home with a giant fuzzy frog and some cold hard cash.

Three large leap frogs holding a money bag will be up for grabs with a combined total of \$10,000 to be given away. There will be lead-in drawings of \$500 each hour from 3-6pm. Then at 7pm the drawing will be held for the big leap frogs. Three lucky winners will get to choose a giant frog and win their share of \$10,000 guaranteed. A second chance drawing will held at 8pm for another \$500 in cash.

The Large Leap Frogs will be displayed at the Player's Club booth to help everyone get into the spirit of this year's leap year.

Guests earn entries into the contest all month long through gaming or by redeeming 200 points.



LITTLE RIVER BAND OF OTTAWA INDIANS
TRIBAL COUNCIL
MEETING SCHEDULE FOR THE YEAR 2004

Regular Tribal Council Meetings have been established for every Wednesday at **10:00 a.m.** with the exception of September 1, November 24, and December 29, 2004. In addition, the Council has established Regular Meetings to be held on the third Saturday of each month beginning at **10:00 a.m.** with the exception of Saturday, September 18, which has been designated Tribal Council Reaffirmation Day Feast. The Council will also have a regular meeting the third Tuesday each month for approval of minutes beginning at **1:30 p.m.** in the Tribal Council Conference Room.

The Saturday Council Meetings have been scheduled to conduct regular business of the Tribe, to present information from the Tribal Council to the membership; to receive comments; and hold discussion with the general membership on legislative matters, and other activities of the Tribal Council during the previous and upcoming months. The meetings shall include receiving Departmental Reports and Minutes of various entities of the Tribe.

ALL REGULAR MEETINGS SHALL BE HELD AT
THE LITTLE RIVER BAND DOME ROOM

Wed., January 7
Wed., January 14
Sat., January 17
Tues., January 20
Wed., January 21
Wed., January 28

Wed., May 5
Wed., May 12
Sat., May 15
Tue., May 18
Wed., May 19
Wed., May 26

Wed., September 8
Wed., September 15
Sat., September 18*
Tue., September 21
Wed., September 22
Wed., September 29

Wed., February 4
Wed., February 11
Tue., February 17
Wed., February 18
Sat., February 21
Wed., February 25

Wed., June 2
Wed., June 9
Tue., June 15
Wed., June 16
Sat., June 19
Wed., June 23
Wed., June 30

Wed., October 6
Wed., October 13
Sat., October 16
Tue., October 19
Wed., October 20
Wed., October 27

Wed., March 3
Wed., March 10
Tue., March 16
Wed., March 17
Sat., March 20
Wed., March 24
Wed., March 31

Wed., July 7
Wed., July 14
Sat., July 17
Tue., July 20
Wed., July 21
Wed., July 28

Wed., November 3
Wed., November 10
Tue., November 16
Wed., November 17
Sat., November 20

Wed., April 7
Wed., April 14
Sat., April 17
Tue., April 20
Wed., April 21
Wed., April 28

Wed., August 4
Wed., August 11
Tue., August 17
Wed., August 18
Sat., August 21
Wed., August 25

Wed., December 1
Wed., December 8
Wed., December 15
Sat., December 18
Tue., December 21
Wed., December 22

* Tribal Council Reaffirmation Day Feast

Little River Band of
Ottawa Indians
Natural Resource Commission

Regular Meeting Schedule for
the Calendar Year 2004.

Regular Natural Resource Commission Meetings are established for the first Wednesday of each month, beginning at 5:30 p.m. Adopted by Natural Resource Commission Resolution # 03-1217-01.

All Regular meetings shall be held at the Little River Band of Ottawa Indians Interim Casino Training Room, 2700 Orchard Highway.

January	7 th	February	4 th
March	3 rd	April	7 th
May	5 th	June	2 nd
July	7 th	August	4 th
September	1 st	October	6 th
November	3 rd	December	1 st

In Touch

From Melissa Zelenak



First Paper of the Year

Whew, the first new newspaper finally made it to the mailbox. I'd like to say a humongous megwetch to all those kind people who helped get the paper out last month. I think we may have set some kinda world record for label-sticking speed that day...

Time to Spare?

Would you like to help get the Tribal newspaper mailed out? If you've got some time to spare once a month to help apply address labels and/or postage labels that would be great. We'll have light snacks and beverages and you can bring your lunch if you'd like. Here's a good chance to catch up with those people you wish you could see more often! It's a no-hurry, no-worry, relax and chat while you're stickin' labels opportunity. Please call me if you're interested in helping, the more the merrier!

Currents Review Team

There's a realllly terrific bunch of people helping to review the paper this month. With their suggestions and ideas you'll see good things to come in future issues too. I'd like to thank them also for all their good ways.

Kids Tribal History Project

I had a brief chance to talk with Yvonne Parsons & Bridget Cole from the Education Department. Last month they wrapped up a neat project they were working on with a bunch of Tribal kids. They have a few pictures and a cool historical timeline they've prepared that I'm hoping we'll get to see part of, if not all, in next months news.

Closing thought (poem) for the month

Lord, Show Us How

By John Bergeson

If we can do some good today,

If we can serve along life's way,

If we have something helpful to say,

Lord, show us how.

If we can right a human wrong,

If we can help to make one strong,

If we can cheer with smile or song,

Lord, show us how.

If we can aid one in distress,

If we can make a burden less,

If we can spread more happiness,

Lord, show us how.

Dedications & Announcements

"Tribal Citizen Input for the Land Use Plan"

Where: 375 River Street, 3rd Floor in the Dome Room, Manistee, MI 49660

Time: Anticipated start time will be 3:00pm.

When: After Tribal Councils monthly Saturday meetings.

**Your input for the Tribal Land Use plan is important.
This document will go to Tribal Council for approval of adoption.**

February 21st 2004-Public Meeting #2-Will be an interactive session to develop the vision for the Reservation including a statement of guiding principles.

March 20th 2004-Public Meeting #3-Will include the review of the alternative concept plans by Tribal members and the determination of which ideas are either liked or disliked.

April 17th 2004-Public Meeting #4-Final presentation of the Land Use plan will be held at the *Little River Casino, Three Fires Conference Center* located at 2700 Orchard Highway, Manistee, Michigan.

If you have questions of concern please contact the Planning Department. Dan Shepard, *Strategic Planning Coordinator/Director* or Monica Cabot, *Planning Secretary/Receptionist*

Refreshments will be provided

The History of the Grand Traverse Band of Ottawa and Chippewa Indians will be taking place at the Grand Traverse Heritage Center from May 15th through October 2, 2004.

**Happy Birthday
to these fine people:**

Joe LaPorte
Feb. 6

Todd Hamilton
Feb. 10

Mack Brushman
Feb. 13

Brian Gibson
Feb. 21

Stella Gibson
Feb. 22

Dynah Kelsey
Feb. 23

Clatus Clyne
Feb. 25

Heidi Foster
Feb. 27



To apply for any position,
please call

888-568-2244

and ask to speak to a
Recruiting Representative.

Or call the Job Hotline at

800-806-4348

The LRBOI Legal Assistance Program can prepare simple Wills and durable Power of Attorney documents for Tribal members who are 50+ years old. If you would like a questionnaire mailed to you to begin this process please contact:
LRBOI Legal Assistance Program
Attn: Terri Raczkowski
375 River Street Manistee, MI 49660
1-231-398-6822 or 1-888-723-8288
E-mail: traczkowski@lrboi.com

**LRBOI
JOB HOTLINE**

1-866-556-5660

NEXT ISSUE HIGHLIGHTS:

Spring 2004
Membership
Meeting

Native
American
Recipes

What is a Firestarter?

And more!!!



*At the January Little River Ladies Luncheon Michelle Lucas & June Sam help the ladies learn to make daisy chains. From left to right, Michelle Lucas, Gina Wright, June Sam, Kathy Berentsen & Juanita Antoine.
Happy Belated Birthday to Michelle too!*



**Happy
Birthday
Sheri
Hunt
Feb. 13th
From Vallie**

**Happy Belated Birthday to
Philip Memberto**

**Happy, Happy
B-Day to
Cracker Jack Lynn!**



NOTICE TO MEMBERSHIP 3x Rule

To avoid newspapers and other mailing items being returned to the Tribe, the Ogema has authorized the use of a "3X" (three times) rule. If your newspaper or other mail is sent back to the Tribal offices three times you will be removed from the mailing list. Although your address will remain in the data base (for verification purposes) you will not receive any mailings until you send in an updated address form and it is received by the Enrollment office. If you have had problems or someone you know is not receiving their mail please get in touch with Kimberly Alexander, Enrollment Officer at 888.723.8288 to obtain the proper change of address form. Also, if you receive more than one newspaper, please notify the Currents office. Miigwech!

Little River Band of
Ottawa Indians
375 River Street
Manistee, MI 49660

